

**AMENDMENTS TO THE CLAIMS**

1. (Currently amended) A dietary supplement comprising consisting essentially of:
  - a. a water-soluble extract of cinnamon, ~~or an extract of cinnamon, or a derivative thereof~~, and
  - b. creatine monohydrate, and/or a creatine magnesium chelate, ~~or a derivative or a precursor thereof~~,
  - c. optionally, at least one carbohydrate; whereby said cinnamon, extract of cinnamon, or derivative thereof enhances the uptake of creatine by the muscle.

2-9 (Canceled)

10. (Previously Presented) The dietary supplement of claim 1, wherein the carbohydrate is selected from the group consisting of dextrose, maltose, maltodextrin and trehalose.

11. (Original) The dietary supplement of claim 1 wherein element (a) is present in an amount from about 0.1 mg to about 100 mg per gram of dietary supplement and element (b) is present in an amount from about 10 mg to about 900 mg per gram of dietary supplement.

12. (Original) The dietary supplement of claim 11 further comprising carbohydrates present in an amount of from about 1 mg to about 950 mg per gram of dietary supplement.

13. (Canceled)

14. (Currently amended) The dietary supplement of claim ~~43~~ 1, wherein administration of said supplement in an amount from about 200 mg to about 500 g per day for a period of 4 to 30 days provides an increase in total creatine content of skeletal muscle from about 10 to about 56 mmol/kd dry muscle.

15-21 (Canceled)

22. (New) The dietary supplement of claim 1, wherein said water-soluble extract of cinnamon is further characterized in that it is comprised of that fraction of cinnamon which is soluble in 0.1 N acetic acid.

23. (New) The dietary supplement of claim 1, wherein element (b) is present in an amount of 100 mg to 25,000 mg, and element (a) is present in an amount of 10 mg to 2,000 mg.

24. (New) The dietary supplement of claim 1, wherein element (a) is present in the amount of 2 mg per gram of supplement, and element (b) is present in an amount of 78 mg per gram of supplement.